

# Travel Safely, Step Lightly



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*Lupine blooms along the  
Ptarmigan Ridge Trail.*

**M**any come to the North Cascades to enjoy its rugged beauty and remote wildness. Recreating in natural areas, however, has inherent dangers and responsibilities. Conditions in mountainous areas can change quickly, even during a day trip. These travel tips can help you have a safe and responsible journey so that you, and future travelers, can enjoy the landscape to its fullest.



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Mt. Challenger

## SAFETY TIPS

- » Use caution on access roads. Watch for obstructions such as rocks, sharp turns, and parked vehicles and pedestrians.
- » Safeguard your possessions by keeping them out of sight. Lock your vehicle.
- » Carry the ten essentials listed on this page.
- » Stay on trails. Wear adequate footwear and use a topographic map and compass.
- » After hiking, check yourself for ticks, which may carry lyme disease.
- » Horses can startle easily. When stock approach, make your presence known and stand on the lower side of the trail.
- » Report trail damage to the nearest ranger station.
- » Do not depend on cell phones as there are many 'dead spots.'
- » Always tell a friend your travel plans, including destination and expected return time.

## TRAVELING WITH CHILDREN

Make the most out of your adventure by taking special safety precautions. Children should remain with adults. Establish rules for keeping together.

If separated, the child should hug a tree near an open area and stay put. Pick trails and adjust goals to children's ages and abilities.

Bring along the ten essentials. Have children help develop an emergency kit and make sure they are familiar with how to use each item. Help children develop responsible outdoor practices.

## ACTIVITY IDEAS FOR CHILDREN

Have children bring along a friend. Explore with ears and eyes. Play observation games—watch for birds and identify plants, bugs or animal tracks. Listen for sounds of wildlife. Draw a picture or write a poem to remember the trip.

Spend time with a ranger or volunteer naturalist. Ask them about the Junior Ranger Program and Family Fun Packs. These publications and others are available in English and Spanish at Visitor Centers and Ranger Stations.

## LEAVE NO TRACE

- » **Plan Ahead and Prepare** - Know the regulations and special concerns for the area you will visit. Be prepared for harsh weather or emergencies.
- » **Travel and Camp on Durable Surfaces** - Stay on trails and camp in designated spots. Avoid fragile areas along waterways or in alpine meadows.
- » **Dispose of Waste Properly** - Pack out all garbage and food leftovers. Use toilets where available. Otherwise, bury human waste in a small hole 6 to 8 inches deep and away from trails and water.
- » **Leave What you Find** - Observe, but do not take. Leave all natural and cultural objects where you find them so others may enjoy.
- » **Minimize Campfire Impacts** - Use a backpacking stove for cooking. Where fires are allowed, use established fire rings and keep fires small. Put out fires completely.
- » **Respect Wildlife** - Observe wildlife from a distance. Never feed animals. Proper food storage is essential to protecting wildlife.
- » **Be Considerate of Other Visitors** - Be courteous and respect the experience of other visitors. Let natural sounds prevail.



## THE 10 ESSENTIALS

- 1) Food and Water:** Carry high-energy snacks and plenty of water. Water treatment pills can be used, but only boiling kills giardia.
- 2) Clothing:** Weather can change dramatically in the mountains. Carry rain gear and warm clothing including wool socks, gloves and a hat.
- 3) Navigation:** Carry and know how to use a topographic map and compass.
- 4) Light:** Flashlight with spare batteries and bulb.
- 5) Fire:** Waterproof matches and fire starter such as a candle.
- 6) Sun Protection:** Sunglasses and sunscreen.
- 7) First Aid:** Make sure to include any special medications.
- 8) Knife:** Folding pocket knife.
- 9) Signal:** Carry both an audible and visual signal, such as a whistle and a metal mirror.
- 10) Emergency Shelter:** Plastic tube shelter or waterproof bivouac sack or emergency blanket.



Mt. Shuksan  
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## LODGING

There are a variety of lodging options in and near the National Park and Forest. Local Chamber of Commerce offices are happy to assist you. Remote accommodations in the North Cascades include: Ross Lake Resort (206) 386-4437 [www.rosslakeresort.com](http://www.rosslakeresort.com) and Baker Lake Resort (888) 711-3033. Stehekin Landing Resort [www.stehekinlanding.com](http://www.stehekinlanding.com) and other lodging is available in Stehekin. Pick up the *Focus on Stehekin* at any ranger station. Learn about other tourism opportunities around the state at [www.experiencewashington.com](http://www.experiencewashington.com)

### WEST SIDE:

Bellingham/Whatcom County (360) 671-3990 [www.bellingham.org](http://www.bellingham.org)  
 Burlington (360) 757-0994 [www.burlington-chamber.com](http://www.burlington-chamber.com)  
 Concrete (360) 853-7042 [www.concrete-wa.com](http://www.concrete-wa.com)  
 Mt. Vernon (360) 428-8547 [www.mountvernonchamber.com](http://www.mountvernonchamber.com)  
 Sedro-Woolley (360) 855-1841 [www.sedro-woolley.com](http://www.sedro-woolley.com)  
 Mt. Baker Foothills (360) 599-1518 [www.mtbakerchamber.org](http://www.mtbakerchamber.org)

### EAST SIDE:

Chelan (800) 4CHELAN [www.lakechelan.com](http://www.lakechelan.com)  
 Leavenworth (509) 548-5807 [www.leavenworth.org](http://www.leavenworth.org)  
 Twisp (509) 997-2926 [www.twispinfo.com](http://www.twispinfo.com)  
 Wenatchee Valley (800) 572-7753 [www.wenatcheevalley.org](http://www.wenatcheevalley.org)  
 Winthrop (888) 463-8469 [www.winthropwashington.com](http://www.winthropwashington.com)